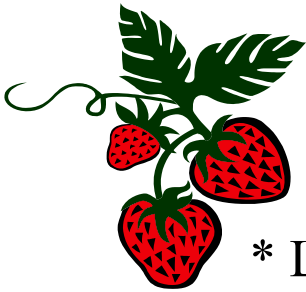


## ***DID YOU KNOW??***

- CHILDREN ARE DEVELOPING SYMPTOMS OF “ADULT” CHRONIC DISEASES (LIKE HEART DISEASE & DIABETES) EARLIER IN LIFE
- EATING AT LEAST 5 SERVINGS OF FRUITS & VEGETABLES HAS BEEN SHOWN TO REDUCE THE RISK FOR THESE CHRONIC DISEASES
- CHILDREN ARE EATING TOO FEW FRUITS & VEGETABLES



### **Help YOUR Scouts...**

- \* Learn Skills to Make Healthier Choices \*
- \* Begin Life-Long Healthy Habits \*
- \* Learn the importance of eating 5 servings of fruits & vegetables every day for better health! \*
- \* Complete five 5 a Day activities that correspond to specific badge requirements \*
- \* Earn their own 5 a Day Participation Patch & Cookbook \*

## **Free Nutrition Education Materials**

With your participation, these materials are **FREE !!!**

### **Each Community Youth Organization Kit contains:**

- 1 Community Youth Organization Idea & Resource kit with 12 fun fruit & vegetable activities
- 1 “Kids...Get Cookin’!” Bilingual cookbook featuring fruit & vegetable recipes, celebrity photos, and colorful graphics intended to inspire your scouts
- Colorful brochures (1 English, 1 Spanish) with tips for parents and a family game
- 1 cassette tape with the 5 a Day Rap for scouts to learn and perform

**TO ORDER MATERIALS, PLEASE CALL:**

***5 a Day – Power Play!***

**San Bernardino County Department of Public Health**

**Phone: (909) 387-6380 Fax: (909) 387-6899**





## ***"Growing Healthy and Active Girl Scouts"***

The Inland Empire Region *5 a Day—Power Play!* staff has partnered with Girl Scouts of San Geronimo Council to promote healthy eating and physical activity. We are encouraging Junior Leaders to use the *Community Youth Organization Idea and Resource Kit*, along with their *Junior Girl Scout's BadgeBook* to help Girl Scouts complete their badge requirements. For your convenience, we have identified those *5 a Day—Power Play!* activities that correspond with specific badge requirements. Please keep in mind that once your troop has completed five activities from the *Community Youth Organization Idea & Resource Kit*, each girl in your troop will receive the *Kids...Get Cookin!* Cookbook at no cost.

### **Badge Requirements**

Girl Scouts Junior BadgeBook Group/Name	Badge Requirement	<i>5 a Day—Power Play!</i> <i>Community Youth Organization Idea &amp; Resource Kit Activities</i>
<b><i>Family &amp; Friends</i></b>  <b><i>Communication</i></b> <b>Pages 46 &amp; 47</b>	Share the News	<b><i>5 a Day Power News – Activity #10</i></b>
	Word of Mouth	<b><i>Adopt a DJ – Activity #12</i></b>
<b><i>Be Healthy, Be Fit</i></b>  <b><i>A Healthier You</i></b> <b>Pages 80 &amp; 81</b>	Ways to Help	<b><i>Promote the 5 A Day message with 5 A Day Power News – Activity #10</i></b>
<b><i>Be Healthy, Be Fit</i></b>  <b><i>Highway to Health</i></b> <b>Pages 82 &amp; 83</b>	Eating on the Run	<b><i>Dress up Raw Veggies – Activity #3 Dried Fruit Snacks Packs – Activity #4</i></b>
<b><i>Let's Get Outdoors</i></b>  <b><i>Plants and Animals</i></b> <b>Pages 116 &amp; 117</b>	Plants Here, There and Everywhere	<b><i>Field Trip Power – Activity #9</i></b>
	<b>Garden Gifts</b>	<b><i>New Plants from Plant Parts – Activity #7</i></b>
	<b>Veggie Voyagers</b>	<b><i>Ripening Power – Activity #6 (make a recipe with your ripened fruit or vegetable)</i></b>

